Cuss or Not Cuss
Cuss or not cuss during counseling

Well, this is what I believe, and I do believe that sometimes cussing is a way to get out anger.

So I have this client who is very afraid of staff.

During individual sessions, she doesn't look at me because she fears me. She didn't trust me, and she didn't want to have anything to do with me.

It's my job to find a way to connect the client with me. It's my job to make her feel safe enough in order for her to start to trust me.

Like always, I found a way, lol.

Her peers had been telling me that she cusses a lot, and I decided to use that weakness as strength.

Before that, I had to find a way to make her mad in order to give her material for her cussing.

She wanted to call her sister to get money for sodas, so I let her call.

Her sister told her she didn't have money now, so the client decided to call one of her friends to ask for money.

I told her to hang up the phone — that she only needs to call her family to ask for money, and not her friends.

I saw her face getting red, but she didn't say anything about it.

It was clear that she was mad, but once again, she didn't express it.

That afternoon, I was going to meet with my caseload.

I called my caseload, and I decided to go outside and do the caseload group.

I looked at her and I asked her:

– Are you mad?
– No!
– Why not?
– Why not???? I don't know.
– You're not mad because you don't have money to buy sodas?

– Not too much. I just wanted a soda.
– So, if you could cuss out the system, how would that be?
– What do you mean?
– I am inviting you to react like you normally react to things — without consequences.
– Really? Can I really say?
– Yes, you can.
– So here it comes: *Fuck the system, fuck that shit, I just want a fuckin' Dr. Pepper to drink in this fucking place...* — she kept going and going on.

The real one came out, and I was able to see how much anger this client has, and how she reacts to life, and her opinion about life.

At the end I asked her:

– You done?
– Yes.
– Nice to meet you.

She laughed and laughed, and she said how relieved she was, and now she could process the desire to have sodas, and she could realize it isn't that important.

This is what I do. I allow clients to cuss and be who they are.

Why?

Because I can only treat what I see.

I cannot treat what I don't know or see.